



Heritage Center

March/April 2014



A Recreation Center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov

Services Offered

Arts & Crafts



Cultural Programs



Education



Exercise



Health Services



Information &
Referral



Lunch Program



Recreation



Socialization



Transportation



Travel



Volunteer
Opportunities

St. Patrick's Day Celebration

Friday, March 14

11:00—Irish Step Dancers

11:45—Corned Beef & Cabbage

Tickets—\$6 Reserve your table today!

See the article on page 7 for
complete information on the event.



Tuachan & Mesquite

June 9-11—Two nights, one play—Wizard of OZ

Reservations begin on March 21—\$50 deposit needed

See the article on page 15 for complete information.



General Golf Meeting—Monday, March 24 at 10:30

Come and learn about the 18 hole golf tournaments sponsored by the Heritage Center. First of 12 tournaments is April 7 at Rose Park. See the article on page 11 for complete information on the golf program.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication. Rates based on a one issue insert: \$200 full page, \$250 back page, \$100 half page, \$50 1/4 page, \$25 1/8 page. Multi-issue discounts are available. Call or email the Center Director for more information. 801-284-4237 sgregory@murray.utah.gov

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center. Personal notices for participants are charged the rate of 50¢ per line per issue.

Newsletter—Notary—Gift Certificates—Credit Cards

This **Newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address, available to pick up at the Center, online at www.murray.utah.gov or mailed to your home with an \$18 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$.75 per issue.

Susan Gregory, Heritage Director, is a **Notary** and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged.

The Center accepts all major **Credit Cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person.

Gift Certificates are available for Center Programs. If family or friends need gift ideas, tell them about Center gift certificates!

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need.

Murray City Administration & Heritage Staff

Mayor — Ted Eyre

Public Services Director— Doug Hill

City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Staff

Director — Susan H. Gregory

Program Coordinators — Maureen Gallagher & Wayne Oberg

Secretary — April Callaway

Receptionist — Mary Hall

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Asst. — Charlotte Johnson

Dishwasher — Eric Fredrickson

Custodian — Don Smith

Vehicle Driver — Robert Himes & Lee Crosby

Building Attendant — Pete Wright

Heritage Advisory Board

Judy Baxendale, Brenda Clausen, Charlotte Cox, Kathy Houston, Jenny Martin, Erich Mille, Greg Waldron, Pete Wright, Rod Young

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations. In order to be eligible you must prove a financial need and meet certain criteria. Applications are available at the front desk or see the Center Director.

Painting Class



A new six-week session of the painting class starts **Wednesday, February 26—9:00-**

12:00 and will **run through**

April 2. Another new session then follows on **April 9-May 14.** The cost is \$30 and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in watercolor. She also will be teaching oils. Sign up now.

AARP Smart Driving

The AARP Smart Driver Course (formerly Driver Safety Class) will be held **Monday, March 24** or **Monday, April 28** from **9:30 - 2:00.** Sign up at the front desk.

The cost of this class is \$15 for AARP members and \$20 for everyone else. The instructor will collect the fees at the start of the class. You make your check out to AARP.

Bring your AARP membership card and valid driver's license. Check with your insurance company to see if they offer a discount for attending this class.

Chakra Meditation Class

Starting on **Monday, March 24 at 10:30,** Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, will start a new session of the Chakra Meditation class. The class will be held every Monday for 8 weeks and run from March 24-May 12. The cost is **\$15** for all 8 classes or **\$3** per class. You can attend a single class, several sessions, or the entire 8 weeks.

Barbara will present in-depth information about how Chakras and Meditation works. She will have handouts each week to help you gain an understanding in the working of your Chakras. She will begin with some education and then use the meditation portion of the class to activate the Chakras. You will learn about the different poses used to activate and keep your Chakras balanced. The word Chakra is Sanskrit for wheel or disk. It signifies one of seven basic energy centers in the body; which are the openings for life energy to flow into and out of your aura. Each of these centers correlate to major nerve ganglia branching forth from the spinal column. The belief is that by aligning your Chakra with Meditation you can bring balance, health, and well-being to your daily life.

Vital Aging Program

The Center is excited to announce two great new classes offered by the Vital Aging Program, a Salt Lake County Aging Services and Valley Mental Health Initiative.

On **Tuesday, March 25 at 10:30** there will be a wellness class called **Maintaining a Healthy Mind, Body, and Soul.** Coping with life transitions can be challenging, however, establishing a health and wellness plan can help you stay independent and have an enduring quality of life. If you would like to investigate how to maintain a healthy mind, body and soul, as well as how to stay motivated when making new lifestyle choices, this is the class for you. Sign up now—free.

On **Tuesday, April 22 at 10:30** there will be a different wellness class called **Pathways to Cope with Grief and Loss.** How each individual responds to losses in life is unique and influenced according to the person's culture and family as well as life stressors. Come, explore, process thoughts, and learn ways to reinvent life and relationships by understanding the grieving process. Sign up now—free.

Tifani Holloway, a licensed Clinical Social Worker, will be leading the classes. She works with the Vital Aging Project in promoting mental wellness. She has a Master's Degree in Social Work from the University of Utah. She will be at the Center every month throughout 2014 and will also be available for a few one on one consultations. Please come and meet Tifani and attend her very helpful and inspiring classes.

Thank you for your help—Quiet Please

The dining room is closed when classes are in session, please help us by being quiet as you enter for coffee or water. Please use the lobby to visit. You will also find coffee in the activity room when a class is in session in the dining area.

Also, thank you for your consideration and respect when a performer is entertaining. They appreciate your consideration in not talking during their performance.



Computers

The computer lab has 7 personal computers with Windows 7, Microsoft Word Starter, one scanner, and internet access. The Center also has wireless internet in the building. Check at the front desk for the password. A webcam is available to check out at the front desk and is used for calling friends and family on SKYPE. See Susan if you want to learn how to use the webcam. Computers are available any time a group class is not being held. There is no charge to use the computers

but printing is 5¢ per page.

Group and private classes are available. Group classes are scheduled based on interest, sign the interest sheet at the front desk. Private classes cost \$3 for a one hour class and are available: iPad or Apple only with Susan on Monday at 1:00, Gadgets & more



Private Computer Classes are available to address

with Calli Monday morning or Windows help Thursday afternoon with Anne. Times and expertise varies, see the front desk.

A five session Basic I class has been scheduled for **Tuesday/Thursday** at 1:00-2:15 starting April 8. The cost is \$15. This class is for the person who has used a mouse before but would like basic concepts in working with Windows 7 and Word

Processing.

"April Showers Bring May Flower." This popular saying can be traced back to the mid 1500s. In 1557 a gentleman by the name of Thomas Tusser compiled a collection of writings he called A Hundred Good Points of Husbandry. In the April Husbandry section he wrote: Sweet April showers, Do spring May flowers. As you can see, the rhyme was originally a short poem. There is meaning behind the words, as well. "April showers bring May flowers" is a reminder that even the most unpleasant of things, in this case the heavy rains of April, can bring about very enjoyable things indeed—in this case, an abundance of flowers in May.



Savvy Saving Seniors

April is **Financial Literacy Month** and the Heritage Center will present a new Savvy Seniors Class on **Thursday, April 3 at 10:00**. Sign up now. Free.

Renee Miller from Zions Bank will present a new program that covers budgeting on a limited income and finding benefits to help pay for daily expenses; recognizing and avoiding financial scams; managing and protecting government issued debit cards as well as prepaid and gift cards.

Medicare Presentation

On **Tuesday, April 8 at 10:30** Salt Lake County (SHIP Program) will be at the Center to present options for Medicare.

You may be just turning 65 this year and you have thousands of questions about Medicare. If you have questions about where to go for a Part D plan or if you need to purchase more than just your Medicare portion, this class will be helpful. A representative will review all aspects of Medicare including costs, what Medicare covers, drug coverage (Part D), claims and appeals, supplements & other insurance, and information about available resources. This is a great place to get started for your education about Medicare. This is a free class sign up now.

Climbing the Peaks



On **Tuesday, April 29 at 10:30**, Carol Masheter Ph.D. will return to the Center to present a slide show about her 2008 ascent on Mt. Everest. Several participants have asked her to repeat this slide show. She will also include pictures from her most recent trip to Everest Base Camp and Island Peak in April 2013.

Carol summited Mt. Everest at age 61 and is the oldest woman in the world to summit the highest peaks on each of the seven continents. She is the author of *No Magic Helicopter* and is currently working on her new book. If you have not heard her speak or if you just want to see her

Volunteers of the Month—Judy & Lynn Sessions

Congratulations and Thank You to Judy & Lynn Sessions. Judy and Lynn both started volunteer back in 2011. Judy volunteered at the front desk and Lynn volunteered assisting with Bingo. Judy has also assisted with Health Services and currently they are both volunteers with the Bingo program. They really enjoy spending time with others here at the Heritage Center.

Judy Sessions met her husband Lynn when he came into her work at Harmon's and asked her out after having met her the night prior when she was out with a friend. They have been together since that first date and are celebrating 38 years of marriage.

Judy worked retail before retiring and Lynn was a truck driver for 32 years. Lynn continues to work part time for Enterprise shuttling cars around the valley.

Lynn and Judy have 5 children, all of whom live in the Salt Lake area except Judy's son who lives in Alabama. They also have 10 grandchildren, ranging in age from 11 to 26 and five great-grandchildren. They enjoy camping and spending time with family.

Lynn used to go deer hunting with his friend Walt, but has since given up what he calls "going after "bambi" and no longer hunts. They are active members of their church, Christ Lutheran in Murray, where they have been members for 15 years.

Their family was put to the test last year when Lynn was told he had stage 4 kidney cancer. He has been taking pills to help slow the growth of the cancer and it seems to be working. He is doing great and enjoying his life a whole lot better than he ever thought he would.

Lynn and Judy will be honored as Volunteers of the Month on Wednesday, April 2 at 12:30. Thank you Lynn & Judy, we appreciate all you do!



Volunteers are paid in six figures...S-M-I-L-E-S. —Gayla LeMaire

Those who can, do. Those who can do more, volunteer. —Unknown

I can no other answer make, but, thanks, and thanks. —William Shakespeare



Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds. Thank you Chuck-A-Rama and those who purchase the cards!

Smith's Community Rewards Program



Every time you swipe your card at Smith's, the Heritage Center will earn money through the **Smith's Community Rewards Program**, IF, you link your rewards card to the Heritage Center.

To enroll in the Community Rewards Program, go to **smithsfoodanddrug.com** and register your card with the Heritage Center. You need a rewards card and email address to make this happen and Glen can help on Fridays in the computer lab.

Massage Therapy

Massage Therapy continues on **Fridays** from **11:45-3:45**. Appointments are required and can be made up to four weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations

must be made 24 hours in advance for a refund. Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you.

Barber Shop is Open—Welcome Jocelyn

The Center offers haircuts for men and women on **Tuesday** mornings from **9:00 to noon**. The cost of this service is \$8. Only haircuts and trims are being offered at this time. Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advance. Cancellations need to be made 24 hours in advance for a refund.

We would like to welcome Jocelyn Anderson as the new barber. She is excited to begin and sends us the following message about herself:

Hello, my name is Jocelyn Anderson, I was born in Murray Utah and graduated from Murray High School in 2008. I played Softball while attending Murray and won 2 state championships.

After high school I attended SLCC and received my AAS as well as my Cosmetology/Barbering License. I was married in June 2011 and just had a little boy named Jayden in October! He is a handful, but I sure enjoy being a mom! Before having my little boy I was an assistant manager/barber at Sport Clips where I was able to grow and become great at what I do!



Attorney Consultation

An attorney will be available for free 20 minute legal consultations on **Wednesday, March 12** or **April 9** from **11:00-1:00**. Appointments are needed and are made at the front desk. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you.

Blood Pressure-extra day

Blood pressure and glucose screening is offered on the first **Thursday** of every month. The service is free and runs from **11:00-12:00** in the lobby. Thank you to Harmony Home Health for providing this service each month.

Welcome Salt Lake Community College students who will provide an extra day with blood pressure and glucose screenings on **Wednesday, March 19** and **April 16** from **11:00-12:00**.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, April 17 from 9:30 – 12:00** to provide toenail clippings and routine foot screenings. The **cost is \$10** and advance payment is required. Sign up now.

Dr. Shelton is unable to provide services for people who are diabetic or on blood thinners.

AARP Free Tax Assistance — ends April 9

Volunteers from AARP provide free tax consultations and preparation for tax payers with middle and low income, with special attention to those ages 60 and over. This free and confidential service will be available each **Wednesday** through **April 9** from **12:30 to 4:00**. Appointments are required but cannot be made any earlier than 2 weeks in advance of the day you would like to attend.



Irish Storytelling

On Tuesday, March 11 at 10:45

Michael Donovan from Cashel County Tipperary, Ireland will be at the Center sharing some old fashioned Irish Storytelling tales.

Many of you may have heard of Irish Storytelling but have never had the opportunity to experience it firsthand. Tales are handed down, not through reading but from recitation.

The Irish are notoriously fond of hearing tales and poetry recited. In Ireland there are professional "shanachies" (means a bearded of "old lore") whose duty it is to know by heart numerous old tales, poems, and historical pieces, and recite them at festive gatherings for the entertainment of the chiefs and their guests. As with many cultures, storytelling was used to preserve the history and traditions of the Irish people.

Michael is sure to entertain you with his Irish stories, which will give you a sense of rich Irish history and lots of humor. This is a free class, sign up now.

Irish Poem



A Wish for a friend

For sunlight after showers
Miles and miles of Irish smiles
For golden happy hours
Shamrocks at your doorway
For luck and laughter too,
And a host of friends than
never ends.

—Author Unknown

St. Patrick's Day Celebration

Rinceoiri Don Spraoi, Irish Step Dancers, will be performing on **Friday, March 14 at 11:00-11:30**. The



doors to the room won't open until 10:30 (tables will be reserved in advance.)

Lunch will be served at 11:45. A special St. Patrick's Day menu will include: Corned Beef and Cabbage, Potatoes, Dinner Roll, Irish Cream Cake or Fruit, and a Drink. The cost is **\$6** and advance payment and reservations are needed. For this special event you will be reserving the table where you sit so you can purchase one or all eight of the seats at the table. Sign up now.

The Rinceoiri Don Spraoi, pronounced "*rin-cory don spree*" in Gaelic, their name means: "dancing for fun." This Salt Lake Valley based school provides Irish dance education solely for the love of Irish culture and dance.

The dancers come from all walks of life. They have families, school, jobs, and many other activities, in addition to attending the Rinceoiri Don Spraoi School. They will perform reels, jigs, and traditional figure dances. Through participation in this program students have gained cultural knowledge of Ireland and its people including: music, dance, folklore, and history.

Sochi Olympic 2014

The Center would like to say thank you to Travis Jayner, Olympic Short-Track Speed Skater. Last month, Travis joined Center participants in an Olympic Torch Walk and shared his Olympic story. As a member of the 5000-meter relay with teammates Apolo Ohno, J.R. Celski, Jordan Malone & Simon Cho at the 2010 Vancouver Canada Olympics, Travis won a bronze medal, which he brought to show everyone.

Following the Torch Walk in Grant Park, Travis came into the Center to share his story and Olympic Medal. While tasting Russian food, participants were very touched by Travis's pride at being a United States Olympian. He told us that he feels strongly about giving back to the U.S. and his goal is to share his Olympic experience with as many people as he can.

This year Travis, who is an alternate on the Sochi Short Track Team, says he feels fitter and stronger than ever, and is excited about beginning his coaching career.

We finished with the launching of a Chinese Wishing Lantern to send our wishes to all Olympic Athletes participating in Sochi. Travis left all of us with the true meaning of the Olympics; Athletes dedicate their entire lives training for this event, which is truly one of life's unforgettable experiences.

Thank you Travis!





2014

Heritage Center Events

Heritage
Center

#10 E. 6150 S.
(West of State)
801-264-2635

www.murray.utah.gov
heritage@murray.utah.gov

We are here to
serve you

Monday-Friday
8:00-4:30 and
Thursday until
10:00 PM

Monday	Tuesday
9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing
9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:45 Irish Storytelling 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts 2:00 Beginning Line Dancing
9:00 NIA 9:00 Computer Help 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts / Card Making 2:00 Beginning Line Dancing
9:00 NIA 9:00 Computer Help 9:30 AARP Smart Driving Course 10:30 Meditation 10:30 General Golf Meeting 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	8:30 Ceramics 9:00 Stretch / Haircuts 9:30 Line Dancing 10:30 Tai Chi 10:30 Vital Aging Program 11:00 Canasta 11:30-12:30 Lunch 12:30 Exercise Help 12:45 Crafts / Card Making 2:00 Beginning Line Dancing
9:00 NIA 10:30 Meditation 11:00 Bridge Lessons 12:30 Ladies Pool 1:00 Movie 2:00 Strength Conditioning	

Wednesday		Thursday		Friday	
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:30 Tax Help 12:45 Bingo 1:00 Bridge		8:30 Ceramics 9:00 Stretch & Tone 10:00 Kingsbury Hall / 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch / 12:30 Game Day 12:30 Exercise Help 12:45 Happy Hats 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance		9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Attorney Consultations 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Tax Help 12:45 Bingo 1:00 Bridge		8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 1:00 Square Dance / Computer Help 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance / Ute RC		9:00 Zumba 10:00 Yoga 11:00 Irish Step Dancing 11:15 No Chair A'Robics 11:45 St. Patrick's Day Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Tax Help 12:45 Bingo 1:00 Bridge		8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch / 12:30 Game Day 12:30 Exercise Help 12:45 Happy Hats 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance		9:00 Kingsbury Hall 9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	
9:00 Tooele Breakfast 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:30 Tax Help 12:45 Bingo 1:00 Bridge		8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day / Exercise Help 1:00 Square Dance /Computer Help 2:00 Strength Conditioning 7:00 Dance		9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge	
Coming in May — National Health & Fitness Day Mark your Calendar for Wednesday, May 28 and join the Heritage Center for a morning of free health & fitness activities!					

Billiard Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located.

Cards

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board.



Bridge—Monday at 11:00, Wednesday & Friday at 1:00

Informal Bridge play (Chicago/Party) is held on Monday at 11:00 and Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.

Canasta—Tuesday 11:00-2:30

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Game Day

Make new friends and learn a new game every **Thursday at 12:30** in the card room. Volunteers will bring their favorite games, like dominos, Mexican Train and Rummikub and teach you how to play.

Birthday Wednesday — March 5 & April 2



Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, 100 this month — just tell the person collecting the money you've hit a decade and Happy Birthday!

Bingo—Bring a new friend & win!

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free (donations appreciated) and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. A special Thank You to Village Inn for donating a pie each week for the elimination game. Stop in for a meal and say thanks!

In order to offer the same quality prizes and games of Bingo, we are suggesting the following new donation amounts: \$1 for 1-3 cards played, \$2 for 4-6 cards played. We have a wonderful surprise prize that we will be giving away at our April 11 Spring Special Bingo. Every time you "bring a new friend to Bingo" your name and theirs will go into the drawing box. The more friends you bring, the more chances you have of winning the special prize!

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday afternoon at 2:00** for beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group.

Square Dancing

Kick up your heels with Square Dance caller Don Carlton on **Thursday** afternoons from **1:00-3:00**. The cost is \$1.50 per day and is paid when you arrive.

Happy Hatters



The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday** at **12:45** to play Hand & Foot. Upcoming meetings are March 6, 20 and April 3, 17. Kathleen Sorenson is the Chapter Queen Bee.



Spring Bingo

Friday, April 11—12:45

Mystery Prize Awarded!

Bring a new friend to bingo during March/April and get entered in the drawing.

Golf Season General Meeting



The Heritage Center's Golf League will begin this year with the general meeting of all interested players on **Monday, March 24 at 10:30** at which time the schedule will be reviewed and local rules for this season's play outlined.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament.

Those players who have not participated in this league in the past, but may wish to participate this season, should come to the general meeting on March 24 for basic orientation.

Tournament play will commence on April 7 at Rose Park Golf Course. A tentative tournament schedule appears below. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. All tournament fees must be paid at least 10 days before the tournament.

Tentative 2014 Season Schedule:

4/7—8:30 Rose Park	7/28—8:00 Round Valley
4/21—9:00 The Ridge	8/11—7:30 Fox Hollow
5/5—8:00 Glenmoor	8/25—7:30 Davis Park
5/19—8:00 Murray	9/8—8:00 Gladstan
6/9—7:30 Valley View	9/22—8:30 Meadowbrook
6/23—8:00 Wasatch	10/6—Year End Banquet
7/14—7:30 Talons Cove	

Community Fishing Club

Volunteer Mentors Needed



Volunteer Mentors are needed to assist with the Murray Parks & Recreation Willow Pond Fishing Club.

Supported by Utah Division of Wildlife Resources, the Willow Pond Fishing Club introduces young people to the joys of responsible sport fishing.

Club nights are **Tuesdays & Wednesdays, 6 - 8 pm** at Willow Pond Park. If you are interested in volunteering, contact Wayne at 801-264-2614.

Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, but loads of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. This is a great way to stay active and in shape.

Drop in play is every **Tuesday and Thursday, from 8 - 11:00 and Sunday from 9-11:00 at the Park Center in Murray**

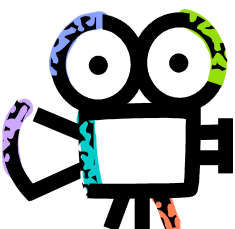
Park. Play is free with a Park Center membership or you can purchase a punch pass for 6 visits at \$25. All equipment is provided. Use your Silver Sneakers membership to try out the program for the first time.

PICKLEBALL



Part tennis and part badminton

Monday Movies — Showtime is 1:00 — movie and popcorn are free



March 3 - Waking Ned Devine - 1998 - 91 minutes.

March 10 - Dancing At Lughnasa - 1998 - 95 minutes.

March 17 - Michael Collins (R) - 1994 - 103 minutes - Violence.

March 24 - Circle of Friends - 1995 - 103 minutes.



March 31 - The Secret of Roan Inish - 1994 - 103 minutes.

April 7 - Thor - 2013 - 112 minutes.

April 14 - Frozen - 2013 - 106 minutes.

April 21 - Ender's Game - 2013 - 114 minutes .

April 28 - Gravity - 2013 - 91 minutes.

Ladies Pool



On **Mondays, at 12:30** a small group of women meet in the pool room to play pool. They would like to extend an invitation to any women that would like to join the pool group, maybe you played in the past, would like to refresh your skills, or just come and meet some new people.

Ceramics—new class

The ceramic class operates on **Tuesday and Thursday from 8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student. The cost to participate is \$1.50 each time you attend plus supplies.

If you have never tried ceramics and would like to give it a try, you are invited to a **Beginning Ceramic Class**. The class will be held **Thursday, April 10, 17, 24 at 10:00-11:00**. The cost is \$13 and includes everything you need to make a project (greenware, paints, and use of tools).

Cindy will lead you with step by step instructions for making a basic ceramic piece. You will need to attend all 3 classes to complete the project. A sample of the project is in the display case.

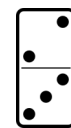
Sign up now to learn something new and give ceramics a try.

Craft Day

A small group of students from past craft classes meet on **Tuesday afternoons as 12:45** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share.

A special class will be available on **Tuesday, March 18 and March 25** for those who would like to learn how to make Stitching Cards. This inexpensive craft is relaxing and enjoyable, and you can WOW friends and family with unique cards for any occasion. Supplies needed are cardstock, a needle, scissors, scotch tape and embroidery floss. A small cork-board (or Styrofoam meat tray with a firm backing) may also be helpful. Some supplies will be available if you just want to give it a try and see if you like it. This class will continue as long as participants want to make cards. Sample cards are in the display case. This is a free class.

Game Day



Make new friends and learn a new game every **Thursday at 12:30** in the card room. Mexican Train, Dominoes 15, Rummikub, Skip-Bo and more. Do you have a favorite game you'd like to play? Research has shown that playing games help to stimulate the brain. Come and join in the fun.

Newsletters

Newsletters are available at the front desk (75¢ donation), online at www.murray.utah.gov, emailed to those who have a participant card and have provided an email address, or a yearly subscription for \$18 can be purchase and the newsletter will be mailed to your home.



Wii Available

We have a large screen television set up with a Wii Sports Package which offers games like bowling, tennis, or golf. Wii is a great way of staying in shape while playing a fun game on the TV. Please check at the front desk if you are interested in using our Wii.

Interested in helping with Grow Boxes?

The Center has a small area for planting in the backyard. One year we had a few people plant some herbs and vegetables and we shared the harvest with the kitchen. But no one is using the area anymore and we thought we'd see if there was interest in grow boxes that were built off the ground. If you are interested in helping build the boxes or plant and take care of a small garden, sign up at the front desk and a planning meeting will be held.

Exercise every day...

NIA

Monday 9:00-10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Monday & Thursday 2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesday & Thursday 9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesday & Thursday 10:30-11:30

\$15 per month, punch pass or \$3

LINE DANCING—\$1.50 per class

Tuesday 9:30-11:00—Everyone

Tuesday 2:00-3:00—Beginners

CHAIR A-ROBICS—Free

Wednesday & Friday 11:15-11:45

YOGA

Wednesday & Friday 10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Friday 9:00-10:00

\$10 per month, punch pass, or \$3

EXERCISE ROOM

Open for use daily—\$5 per month or \$1 per visit. Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine

Total Fitness Pass—\$30 per month—unlimited classes & use of the exercise room.

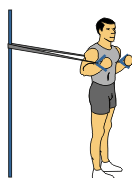
The Exercise Room is FREE for those who have the Silver Sneaker program with their insurance provider. See the front desk.

U of U Exercise & Sports Volunteer Students

U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday from 12:30-2:00.**

The students can help you improve your fitness levels, increase your endurance, balance, and stretching abilities. This program has become one of our most popular classes as participants enjoy improving their fitness skills and their general knowledge about fitness. The students also offer one-on-one-help,

sign up for that service in the exercise room.



Recently the Center added an additional exercise to the exercise room with a wall mount for resistance band exercises. The Center

would like to invite everyone to take advantage of this new equipment. The U of U students will be

available on Tuesday and Thursday to demonstrate how to incorporate the bands into your exercise routine.

Research has shown aerobic exercise to be beneficial in preventing and managing heart disease, improving brain health, helping to manage chronic health conditions, controlling weight and fighting obesity, enhancing strength and endurance for daily activities.

Exercise Incentives

The Center would like to help you with your exercise goals. We have created a couple of incentives that will hopefully assist you in keeping up with a regular exercise routine.

Total Fitness Pass—for \$30, you can purchase a monthly total fitness pass that allows you to participate in any exercise class offered at the Center plus the exercise room for an entire month.

100% Attendance Rebate—a \$5 rebate is given to anyone who attends 100% of the time each month

for classes that are held twice a week. Eligible classes include Strength Conditioning, Stretch & Tone, Tai Chi, Yoga, and we have combined NIA and Zumba to be eligible as well. Make sure you check in at the front desk so your attendance can be recorded for the 100% rebate incentive. One rebate per person per month is allowed.

Good luck with your exercise goals!



Wednesday, May 18
National Senior Health & Fitness Day

Health Fair & Walk at the Heritage Center

Center Trips



...Travel with friends

Thursday, Mar 6—10:00
Kingsbury Hall

The **Dance Theatre of Harlem** is renowned for its distinct blend of classical ballet and African American cultural influences. The bus departs the Center for Kingsbury Hall on **Thursday, March 6 at 10:00** for the 11:00 performance. Cost is **\$5**. Check for availability at the front desk.


Friday, March 21—9:00
Kingsbury Hall-Thumbelina

The classic fairy tale about a tiny girl born in a flower is given a Latin flair in this musical adaptation of Thumbelina featuring songs from Mexico and Central and South America. The bus departs the Center on **Friday, March 21 at 9:00** for the 10:00 performance. Cost is **\$5** and sign-ups begin **March 3**.

Wednesday, March 26—9:00
Tooele for Breakfast

Once again our Center bus will be headed to the Tooele Senior Center for the **"2nd Best Breakfast in Utah."** The bus will depart the Center at 9:00 A.M. on **Wednesday, March 26** and return about 12:30 P.M. Cost is **\$5** for transportation and the breakfast. Sign up now for this trip.

Thursday, April 10—8:30
Wendover

Travel to Wendover on **Thursday, April 10**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at 8:30 am and return at approximately 7:00 pm. You may sign up for

Thursday, April 24—12:30
Tulip Festival at Thanksgiving Point

Welcome spring and enjoy all the colors of the rainbow spread throughout nearly 100 different varieties of 250,000 tulips. The Tulip Festival at Thanksgiving Point is an awe-inspiring sight that is redesigned each year to create a new display. Mother Nature is in charge of the show.

The Center bus will leave at **12:30** on **Thursday, April 24** and return about **3:30**. The cost is **\$14** and includes transportation and ticket. You can register for this trip beginning on **April 1**.


Tuesday, April 15—10:00
Hill Aerospace & Winery

We will undertake a unique trip on **Tuesday, April 15** at 10:00 to two diverse locations in northern Utah. Our first stop will be the Hill Aerospace Museum located on the northwest corner of Hill Air Force Base. The museum was founded in 1962 as part of the US Air Force Heritage program and first opened to the public in 1987 where military historical artifacts are on display. For lunch, we will travel to the Cracker Barrel in Layton where lunch will be on your own.



After lunch we will visit the Hive Winery, a small "boutique" winery specializing in premium "non-grape" fruit wines and wines (known as Meads and Melomels). The Hive Winery is close to sources of wonderful fresh fruit and local honey and is working on choosing all the environmentally responsible ways of producing wines. Wine tasting and sales will be available.

Cost of this trip is **\$5** and sign-ups begin March 28.

The Heritage bus is only a 20 passenger—each person may register for him/herself and no more than one other person for each trip. Give Wayne Oberg your trip ideas.

Travel to Tuachan and Mesquite—June 9-11



It might seem early to be thinking about summer plans but tickets need to be purchased and rooms reserved for the Heritage Center annual trip to Mesquite and Tuachan. Clear your calendar and set aside a few days to travel to southern Utah and Nevada to spend an evening at the Tuachan Amphitheatre & Center for Performing Arts. The show we will be seeing is **The Wizard of Oz**. A chartered bus will depart from the Heritage Center on **Monday, June 9** and we will stay two nights at the CasaBlanca Hotel in Mesquite, Nevada. The trip will return on **Wednesday, June 11**.

The cost is **\$230** per person (double occupancy) and **\$265** (single room) and will include a buffet dinner at the Hotel, two CasaBlanca breakfasts, a pre-show dutch oven dinner at Tuacahn, and ticket to the musical play.

Sign up for this trip begins **March 21** and seating is limited. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Full payment for all reservations must be received before **Friday, May 9 at 4:00 PM**. Travelers may register for themselves and one other person.

OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN LATE THURSDAY...OPEN

Thursday Evening: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until 10:00 pm on Thursday evenings. Enjoy the computer lab, billiard room, exercise room, or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-10:00 pm**. Cost of this activity is \$4 per person. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. In January and February, our sponsors

were : Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Tony Summerhays, Marilyn Jordan, Jo Dehann, Abeeda Hajwanie, Cindy Jones and CherylAnn Miller.

Remote Control Aircraft Club

The Ute Radio Control Association will meet at the Center on **March 13 and April 10 at 7:00 pm** to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in Remote control Flight of aircraft of any type, pilots of any skill level, please stop by. The club meets on the second Thursday of every month.

Jam Session



The Center sponsors a music "Jam" session for interested musicians on the **second Thursday** from **3:30-5:00**. Bring your instrument on **Thursday, March 13 or April 10** and be ready to Jam!

Salzburger Echo Presents

Presents

Spectacular Europe

September 25 – October 5, 2014

\$3,935 Per Person, Double Occupancy From Salt Lake City

Join Salzburger Echo and other U.S. and International bands for performances at our Polka and Folklore Music Festival in Seefeld, Austria!



This is an exclusive travel program offered by Salzburger Echo and InterTrav

The Salzburger Echo Band has performed at the Heritage Center for over 20 years.

Join us for a fun adventure! Call Tony Brazelton at 801-943-2480

OR For More Information go to: www.salzburgerecho.com

March 2014

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich, salad or soup option.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
NO LUNCH 3	BASIL LIME CHICKEN Coconut Rice Veggies Salted Caramel Rice Krispie Bar or Fruit 4	SPINACH ARTICHOKE PASTA Green Salad Breadstick Birthday Cake and Ice Cream or Fruit 5	SAUSAGE JAMBALAYA Green Salad Avalanche Cookie or Fruit 6	TERIYAKI SALMON Baked Potato Slaw Apple Cobbler or Fruit 7
NO LUNCH 10	SWEET PAPRIKA CHICKEN Baked Potato Asparagus Grape Salad or Fruit 11	BEEF STROGANOFF OVER EGG NOODLES Roasted Carrots Lemon Supreme Cookies or Fruit 12	ROASTED PEPPER AL-FREDO PASTA Caesar Salad Breadstick Mocha Cake or Fruit 13	*ST. PATRICK'S DAY LUNCH Corned Beef and Cabbage Potatoes, Roll Irish Cream Cake or Fruit Cost is \$6 14
NO LUNCH 17	APPLE PORK LOIN Rice Dressing Creamy Broccoli 10 Layer Cookies or Fruit 18	CLAM CHOWDER Broccoli Salad Biscuits Pavlovas or Fruit 19	CILANTRO COCONUT CHICKEN Rice Cauliflower Red Velvet Brownies or Fruit 20	SPAGHETTI AND MEAT-BALLS Green Salad Breadsticks Strawberry Almond Cake or Fruit 21
NO LUNCH 24	POT ROAST Mashed Potatoes and Gravy Peas Samoa Cupcakes or Fruit 25	STUFFED BURGERS Oven Fries Broccoli Salad Banana Nut Blondies or Fruit 26	PIZZA Green Salad Apple Snickers Salad or Fruit 27	FISH TACOS Cilantro Salad Sugar Cookies or Fruit 28
NO LUNCH 31				

April 2014

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a *special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich, salad or soup option.

Prices range from \$2.00 - \$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
	1 SWEDISH MEATBALLS OVER RICE Brussels Sprouts Irish Cream Cookies or Fruit	2 BLT SANDWICH Potato Salad Fruit Birthday Cake and Ice Cream or Fruit	3 SAVORY STUFFED CHICKEN Fresno Potatoes Veggies Lemon Oat Bars or Fruit	4 HAWAIIAN GRILLED CHICKEN Black Bean and Coconut Rice Veggies Napoleons or Fruit
7 NO LUNCH	8 CASHEW CHICKEN Veggie Lo Mein Peach Upside Down Cake or Fruit	9 STUFFED BELL PEPPERS Green Salad Chocolate Strawberry Cupcakes or Fruit	10 TORTELLINI BAKE Roasted Veggies Apple Pie Parfaits or Fruit	11 GARLIC HERB TILAPIA Alfredo Rice Veggies Banana Bread Blondie or Fruit
14 NO LUNCH	15 BALSAMIC COUNTRY RIBS Macaroni & Cheese Veggies Ice Cream Sundaes or Fruit	16 MONTEREY CHICKEN Rice Pilaf Spinach Casserole Pecan Sandies or Fruit	17 BAKED POTATO BAR Salad Frog Eye Salad or Fruit	18 HONEY HAM Potato Gratin Green Beans Roll Carrot Cake or Fruit
21 NO LUNCH	22 DILL SALMON Baked Potato Broccoli Cherry Pie or Fruit	23 SWEET AND SOUR PORK Rice Pilaf Veggies Pistachio Cupcakes or Fruit	24 CHICKEN ALABAM Chorizo Rice Veggies Peanut Butter Cake or Fruit	25 MEATLOAF Mashed Potatoes and Gravy Honey Carrots Grasshopper Cookie or Fruit
28 NO LUNCH	29 LASAGNA Green Salad Pineapple Cherry Fluff or Fruit	30 JAMAICAN CHICKEN Cheesy Rice Veggies Donut Bread Pudding or Fruit		